

GINGER NOG DESSERT CUPS

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving = 1 ginger nog cup)

Nutrition (per serving)

Calories: 141	Total Carbohydrate: 19
Total Fat: 6 g	Dietary Fiber: 0 g
Saturated Fat: 3 g	Total Sugars: 9 g
Sodium: 253 mg	Protein: 5 g

Ingredients

- ½ cup water
- 1 envelope unflavored gelatin
- 8 ounces reduced fat cream cheese, softened
- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free sour cream
- 6 Tablespoons Truvia® baking blend
- 1 Tablespoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- ¼ teaspoon rum extract
- 15 large gingersnaps

Ginger Nog Dessert Cups

Directions

1. Bring water to boil in small saucepan.
2. Place gelatin in medium bowl, add boiling water and whisk until clump free and frothy.
3. Add cream cheese, sour cream, Truvia®, spices and extracts. Blend with electric mixer starting on low speed turning up to medium for about 1-2 minutes.
4. Scoop ¼ cup of mixture into ramekins or small custard dishes. Refrigerate for at least 5 hours.
5. Pulse gingersnaps in food processor until crumbly. Sprinkle over dessert cups before serving.